

Abstract

Title: Evaluation of the most frequent injuries in competition of league MOL and the 2nd league in women handbal in Czech republic.

Objectives: The main objective in this work is evaluation of the most frequent injuries in women handball players, who play in season 2017/2018 the highest competition in Czech Republic – league MOL and the 3rd highest competition in Czech Republic – the 2nd league in women handball. The next objective is find out, if the teams have in their training unit the regenerative and compensatory practise, also there is physiotherapist in team or no.

Methods: As the method for data pooling, I choose the form of a non-standardized questionnaire. The questionnaire was send between all women handball players in both competition, which are written in objective. Overall is analysed 112 questionnaires.

Results: From the results, we can see, that for the most common injuries belongs to ankle. Overall 56,3 % suffered the injury of ankle, then injury of hands (50,9 %) and knees (46,4 %). Smaller group of injuries belongs to the of face, head, shoulders and elbows. Wings and lineplayers has the most common injuries of ankle, on the other hand the middle lineplayers, backs and goalkeepers has the most common injuries of hands and knees.

Keywords: handball, regeneration and compensation in sports, sports injury, physiotherapy in sports, prevention in sport